

**Student Health and Academic Achievement:**

The academic success of America’s youth is strongly linked with their health.



- Schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.
- The problems caused by unhealthy behaviors reduce children’s attendance and contribute to their failing in school. Education and health are linked.
- Youth who feel connected to their families and schools are healthier and less likely to get in trouble.

**Health Education** addresses the physical, mental, emotional, and social dimensions of health. Curriculum is designed to motivate and assist students in maintenance and improvement of their health, prevention of disease, and reduction of health-related risk behaviors. Health Education at MDE includes:

- Health Education Grade Level Content Expectations (GLCEs) for Grades K-8
- Michigan Merit Curriculum for Health Education
- The *Michigan Model for Health®* - a comprehensive K-12 curriculum
- Teacher preparation programs for health education

As an important part of health education, HIV/STD prevention and sexuality education support positive physical and mental health of youth as they grow into young adults. MDE supports local school districts in adopting HIV/STD and sexuality education programs that meet the needs of young people and their families.

**Family and Community Involvement** is an integrated school, parent, and community approach for enhancing the



health and well-being of students and their families. Schools solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students. When parents are involved in schools, student learning, behavior,

and attitudes improve. MDE has supported the development and implementation of the Governor’s *Talk Early & Talk Often* workshops, aimed at helping parents of middle school students talk with their child about abstinence and sexuality.

**Physical Education** helps students develop the knowledge, fitness levels, motor skills, and personal and social skills to obtain the ultimate goal of a lifetime of physical activity and health.

- Physical Education Grade Level Content Expectations (GLCEs) for Grades K-8

- Michigan Merit Curriculum for Physical Education
- New Physical Education Content Standards and Benchmarks
- Teacher preparation programs for physical education

**Nutrition Services** introduces healthy eating patterns and concepts. Students have access to a variety of nutritious and appealing meals that reflect the U.S. Dietary Guidelines for Americans and accomodate the health and nutrition needs of all. Nutrition-related services at MDE include:

- Michigan Action For Healthy Kids
- *Michigan Model for Health®*
- Michigan Team Nutrition

**Health Promotion for Staff** encourages school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school’s overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling.



**Healthy School Environment** is more than the physical and aesthetic surroundings of the school (including air quality, temperature, noise level, and security of the buildings, as well as its surroundings). It is also the psychosocial climate and culture of

the school, evidenced by:

- Student connectedness to school
- Safe, trusting, and positive rapport between staff and students
- Socially and emotionally healthy learning environment
- Restorative Practices

**Health Services** are designed to be preventative and include health education, first-aid screening, administration of medication, immunizations, emergency care, and referral and management of acute and chronic health conditions. Michigan is fortunate to have a robust Child and Adolescent Health Center (CAHC) Program, with 68 sites providing primary care to medically underserved youth.

**Counseling and Psychological Services** are provided to improve students’ mental, emotional, and social well-being. The impact of a student’s mental health on his/her ability to learn and achieve academically is becoming more and more widely understood, accepted, and addressed. In order for students to achieve at their greatest potential, they must be educated in a safe and healthy environment.

The **Comprehensive School Health Coordinators’ Association (CSHCA)** promotes the health of children and their families in Michigan through leadership and advocacy for CSHP. To find out more about CSHCA, go to <http://www.cshca.org>.

**Data Services** cross all components. The results of these surveys, along with other school-reported data, help schools make data-driven decisions to improve education, prevention, and health promotion programming.

- **Youth Risk Behavior Survey (YRBS)** is part of a nationwide surveying effort led by the CDC to monitor students' health risks and behaviors in six categories identified as most likely to result in adverse outcomes.

- **Michigan Profile for Healthy Youth (MiPHY)** is an online student survey on health risk behaviors including substance



- use, violence, physical activity, nutrition, sexual behavior, and emotional health in grades 7, 9, and 11. The survey also measures those risk and protective factors most predictive of alcohol and other drug use, tobacco use, and violence.

- **School Health Profiles Survey (Profiles)** is a system of surveys assessing school health policies and programs in states and large urban school districts. It is conducted biennially to provide data on health policies and practices in schools.

- **Health Education/Physical Education Surveys** are conducted biennially to find out about health education and physical education curriculum, assessment, time requirements, and professional development in K-12 schools.

- **Healthy School Action Tools (HSAT)** are a set of online tools designed to help Michigan schools



create healthier environments. A healthy and safe school environment gives students clear and consistent messages, accurate health information, and ample opportunity to apply it. Schools that support healthy choices help students achieve their academic potential.

For more information, please visit

<http://www.michigan.gov/cshsp>

or call (517) 241-4284

#### Examples of Partners Include:



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### Coordinated School Health and Safety Programs

### *Fostering Healthy Students, Schools, and Communities*

In 1987, the Centers for Disease Control and Prevention (CDC) first proposed the concept of a coordinated school health program (CSHP) with eight components.

**The Michigan Vision:** School-aged children are socially, emotionally, and physically healthy and engaging in behaviors that promote lifelong health and academic achievement within a supportive family, school, and community environment. What this vision means in behavioral terms is stated in our 2008 vision priorities:

- 1) students practice healthy behaviors;
- 2) evidence-based social, emotional, and physical health programming and services are available to all students and utilized by students; and
- 3) school environments are supportive of all healthy behaviors.



The Michigan approach is comprehensive and coordinated in what we promote and how we make it all happen. The vision we hold will become our reality because we are committed to building a broad coalition of people and agencies with passion for the cause of healthy kids, collaborating with a strategic focus, and pledging to inspire others to action with our stories of success and impact.



### CSHP in Action MICHIANA Leadership Institute

MICHIANA is a five-year effort between the Great Lakes American Cancer Society, the Michigan and Indiana Departments of Community Health and Education, and many school districts and corporations in both states. It was developed to enhance the health of students by planning and implementing CSHPs.

Once training is complete, participants are expected to:

- Establish a district/corporation school health council
- Hire a school health coordinator
- Develop or enhance health-related policies, systems, and environments
- Build organizational capacity for the promotion of CSHPs

Results from MICHIANA 1 indicate that districts/corporations involved increased student physical activity, healthy meal options, health education offerings, student healthcare offerings, and funding for school health-related initiatives.

For more information, go to [www.michigan.gov/mde-michiana](http://www.michigan.gov/mde-michiana)